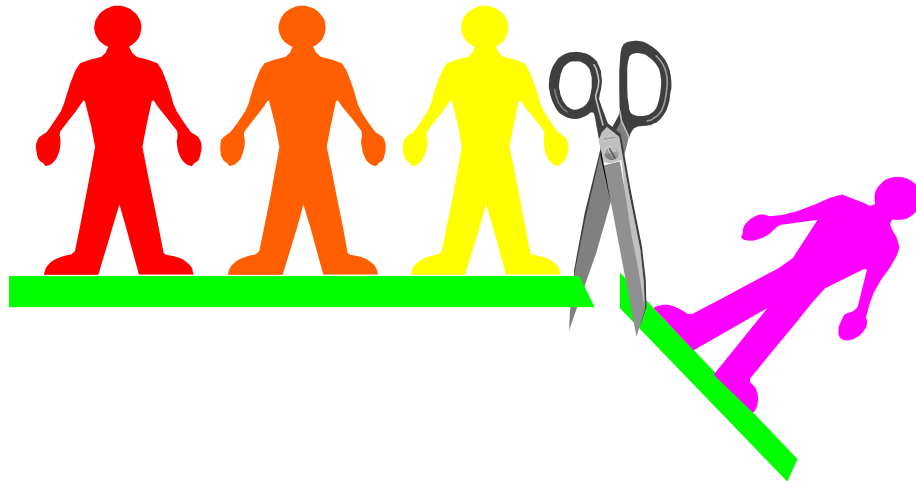


# **Depression**

**affects one woman in four  
and one man in ten...**



## **Know the signs:**

- Feeling sad, blue or down in the dumps
- Inability to experience joy in the things you once enjoyed
- Change in appetite or weight
- Trouble sleeping or sleeping too much
- Loss of energy
- Feeling worthless
- Difficulty concentrating, thinking or making a decision
- Thoughts of death or suicide.

**If you, a co-worker, or a family member is experiencing symptoms of depression please call:**

**Rural Development and NRCS  
Employee Assistance Program  
We can help  
1-888-2HELP44 (1-888-243-5744)  
(TDD#1-800-627-3529)**

**Your employee assistance program is provided to you by The Sand Creek Group LTD.  
Professional, confidential and at no cost to you.**